

Kiwanis Club and Sheridan Rotary Club are Keeping Kids in Helmets

Protecting children by ensuring they have correctly fitted bike helmets has been a West Valley Kiwanis Club project for more than two decades. In 2022 the club distributed 260 bike helmets at Trunk or Treat and Bridge the Gap events. A supply is also kept at Willamina Public Library and available year-round. Twenty years ago, the Kiwanis Club partnered with school resource officers to keep a supply of bike helmets available for dis-



Pictured left to right, Jim Buckles, Sara Meyer, Sandy Walker, Mark Pauletto, Kay Buckles, Officer Brady Walters, Matt Huegli, Colin Gyenes, and Kim Taylor of Rotary International.



tribution and attended bike rodeos to ensure every child who participated had a correctly fitted helmet. In recent years club members have participated in Back to School, Hometown Days, Bridge the Gap, and Trunk or Treat to hand out helmets.

When Kiwanis members recently learned of a need for helmets for kids in Sheridan, they donated 33 for Yamhill County Sheriff Deputies to give away.

The motto of Kiwanis International is "Serving the children of the world." Keeping children safe is a priority for many clubs, and bike helmets are a common club project. To ensure the local need is met, the West Valley Kiwanis Club includes funding in its annual budget to purchase helmets.

Every month members of Sheridan Rotary Club choose a fundraiser. In March, Officer Walters saw a need for keeping helmets in his patrol vehicle. He said he wanted to give helmets, not tickets. So he spoke to the Rotary members, who decided to make that their cause in March. They donated \$1200 to purchase 200 helmets that were given to local police and fire on Wednesday, April 19.



Officer Brady Walters handing out helmets and providing bike safety education to local children.



BULLETIN BOARD CLASSIFIEDS

503-687-3000 • bulletinwestvalley@gmail.com 136 E. Main Street • Sheridan

City of Sheridan

City of Sheridan Parks and Recreation Board

The Parks and Recreation Committee is looking for an enthusiastic individual ready to assist the Committee with improvements on parks and other recreational programs. This is an advisory volunteer position, with term limit of one year, but with no limit on reapplication. If you are interested, you just need a general knowledge and interest in the City's parks and other recreational programs. If you have questions, please contact the City Manager or Deputy City Recorder prior to submitting a Parks & Recreation Committee application by calling 503-843-2347. Applications are due by May 11, 2023, at 3:00 pm. They may be returned by email to orodela@cityofsheridanor.com, faxed to 503-843-3661, or to City Hall in person.

For Sale

Rock saw. Highland Park 14" rock saw floor model. \$500 call Jan 971-241-4929

Classifieds only 20¢ per word. Sell your stuff in the West Valley Bulletin Board. Call 503-687-3000

City of Sheridan

City of Sheridan Parks and Recreation Board

The Planning Commission has a vacant seat, and the City of Sheridan is recruiting for an individual with a general knowledge of the City and the services it provides. This is a four-year term volunteer position, and the duties for a Commissioner are to plan and regulate the development of land inside City limits. The Planning Commission recommends ordinances requiring that all land development undertaken in the City must comply with City ordinances and follow the terms of the City's Development Code, Comprehensive Plan, and Public Works Design Standards. The Planning Commission hears a wide range of applications including urban growth boundary expansions, annexations, property partitions, major variances, subdivisions, zone changes, etc. If you have questions, please contact the City Manager or Deputy City Recorder prior to submitting a Planning Commission application by calling 503-843-2347. Applications are due by 4:00 p.m. on May 5, 2023. They may be returned by email to orodela@cityofsheridanor.com, faxed to 503-843-3661, or to City Hall in person.



City of Sheridan

City of Sheridan Parks and Recreation Board

The Parks and Recreation Committee has a vacant seat, and the City of Sheridan is recruiting for an individual with general knowledge and interest in the City's parks and other recreational programs. This is a voting-volunteer position that makes recommendations to the City Council on improvements and other matters to increase the enjoyment and recreation opportunities for the people of the city. If you have questions, please contact the City Manager or Deputy City Recorder prior to submitting a Parks & Recreation Committee application by calling 503-843-2347. Applications are due by May 11, 2023, at 3:00 pm. They may be returned by email to orodela@ cityofsheridanor.com, faxed to 503-843-3661, or to City Hall in person.

Services

Handyman services to fit your need includng: house and pet sitting, dog walking, lawn care, car detailing, pressure washing, moving, wood and brush cutting, gutter cleaning, trash and scrap removal, and more. I can help with just anything you need. Call Shaun at 971-241-4860. (26)

Flawless Pressure Washing. Revitalize your home's appearance with our driveway cleaning and exterior house washing services. Say goodbye to stubborn mold and dirt, and hello to a fresh clean appearance. Contact us today @ 503-779-5030. (c)

Check out our Website! www.bulletinboardwv.com



I think the Willamina Chamber of Commerce again had a successful bark dust sale. Thank you, Hampton Lumber and Walsh Trucking. Hampton supplied the bark, and Walsh delivered it to the point of sale, Coyote Joe's parking lot. Thank you, Coyote Joe's, for al-

lowing the Chamber to use your lot. It all started Thursday. They be-

an hauling all the pre-ordered loads. Then, lots of them went trucking by.

Then on Friday and Saturday, several Chamber volunteers were on hand to keep the folks lined up and ready to go. There were pickups, and there were dump trucks. There were cars pulling trailers, too—there are multiple ways to get that bark dust to your home. Everyone was very friendly and pleased with the service and the price. Willamina is always good to the people who support the effort to help the city by buying the bark dust and applying it to their yards to beautify the area.

Supporting local fundraising occasions is "What's Up in Willamina."





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Obituaries



Ronald Hughs Reid

Aug. 17, 1945 - Jan. 31, 2023 Ronald Hughs Reid of Sheridan passed away, with his wife Janice by his side, on Jan. 31, 2023. Ron died of a rare lung disease; he was 77.

He was born Aug. 17, 1945, to parents Eugene and Dorothy (Hughs) Reid in Los Angeles, Calif. He was an only child.

Ron worked for 25 years at St. Luke's Hospital in Boise, Idaho. Outside of work, Ron had a passion for photography, especially black and white and scenery photos. Ron had an excellent eye for capturing the beauty and the unusual around him.

He was also known to be a "curmudgeon," but those who knew and loved him knew him for his

Fendall School to Host Mother's Day Brunch

Fendall School will host a Mother's Day brunch and fashion show at noon on Saturday, May 13, at 37515 Tindle Creek, Willamina.

For more information, email Naomi at kak@onlinemac.com.



unique personality.

Ron loved to read and was an expert on Northwest Native Americans, collecting books and art. In addition, he loved jazz and the blues.

He enjoyed spending time with his family, especially his wife Jan, stepson Shawn and daughter-in-law, Rutha Haskin, with who he resided in Sheridan.

He also loved his daughter Jennifer, son-in-law Thad Sterling of Boise, Idaho, and their three children, Connor, Aidan, and Bridgett; son Matthew; his stepchildren Trina, Angela, Christopher, Dolf, and Julena.

Ron was a proud grandfather to 16 grandchildren and two great-grandchildren.

His wife, Jan, children, stepchildren, grandchildren, and friends will greatly miss Ron.



Celebration of Life



In loving memory of Jeffrey Paul Johnson

Please join us from 2 p.m.-5 p.m., Saturday, May 6 Youngberg Hill Inn & Winery 10660 SW Youngberg Hill Dr McMinnville, OR 97128

Join us for live music and stories! Light refreshments will be provided.



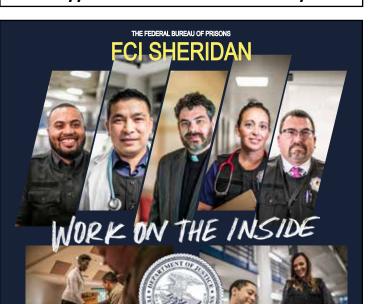


Educational Improvements Safety and Security Community Benefits

BROUGHT TO YOU BY YOUTH EDUCATION IN SHERIDAN

Paid for by a concerned resident of Sheridan Questions about the Bond levy?

Tours can be arranged by calling the district office at 971-261-6959 Go to the School District web site at HTTPS://www.Sheridan.k12.OR.US/bond



DISCOVER WHY MORE THAN 35,000 EMPLOYEES CHOOSE TO WORK FOR THE FEDERAL BUREAU OF PRISONS!

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27072 SW Ballston Road Sheridan, OR 97378

she-humanresources-s@bop.gov

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nt! Environment! Interested? Contact Katie in our office. 03-843-4455 • katie.mwlinc@gmail.com

503-843-4455 • katie.mwlinc@gmail.com Pacific Fir Lumber, Inc.

A MESSAGE FROM THE WILLAMINA SCHOOL DISTRICT

Despite the weather, spring sports are in full swing. Our young baseball team continues to improve with each game and will play St. Paul three times this week; home Monday and Friday and travel on Wednesday.

Our softball team is going strong with an 11-1 record. Only one 2A team in the state is undefeated at this time. The girls host games Monday and Wednesday with Clatskanie and St. Paul this week.

Our girl's and boys' track teams, both middle and high school, continue to improve their personal best as the season progresses. Many of our athletes recently competed in the Oregon Relays, and the Meet of Champions, both meets required athletes to qualify in order to compete in their events. Several athletes are ranked high at the league and state level;

State Level: Jose Cruz #2 in 3000 meter @9:21 (school record), Hallee Hughes #1 in both Discus (131) and Javelin (140), and Nichole Goodwin #5 in the triple jump @ 30-10.

League Level: Jose Cruz #1 in 3000, #1 in 1500 @ 4:26, and #4 in 400 @ 55.8, Hallee Hughes #3 in discus @ 32-6, Cohen Haller #4 in high jump @ 5-8, Michael Nolen #5 in javelin @ 123-11, Zoie Sickles #4 in discus @ 95-9, Evelyn Anderson #4 in pole vault @ 6-5, Hope Stanton #3 in 800 meters @ 2:53, and our boys 4x400 relay team is #5 (Sabin, Carrasco, Cruick-shank and Cruz).

Several of our middle school athletes are ranked high in their events as well. Hadley Hughes is ranked #1 in the 100 meter hurdles @ 18.6, Shot put (37-2), javelin (114-6), and discus (95-6), she is ranked #5 in the 100 meters @ 13.9. Her teammate Grace Terbush is #2 in shot (28-9) and discus (69-4), Paige Janes is #4 in javelin @ 72. The boys team have Bryson Smith ranked #1 in the 400 @ 59.9, Ben Moore is #4 in the long jump @ 16-10, and the boys relay team of Smith, Moore, Clawson, and DeLoe set a new school record recently.

Our metal fabrication club, "Willamina Kustoms" continues to travel throughout the area demonstrating their skills. The club recently traveled to the Southern Oregon area to display much of their work. The students have received tremendous feedback and support from communities across the state.

> With great Bulldog pride, Carrie Zimbrick, Superintendent

Willamina Elementary School 503.876.2374 Willamina Middle/High School 503.876.2545 School District Office 503.876.1500

Did You Know?

Resource information brought to you by The City of Sheridan and Churches United of the West Valley

Help starts here

211 connects you to expert, caring help. Every call is completely confidential.

> Call 211 for help Can't call us? Find a local 211

•Need Help? Call 211•

211info is a private, community-based nonprofit organization funded by state and municip al contracts, foundations, donations, and community partners in Oregon and Southwest Washington. 211info empowers communities by helping people identify, navigate, and connect with the local resources they need. If you need help and are not sure who provides assistance, 211 will direct you to the resources in our area including for crisis, housing and shelter, utility assistance, child care and parenting, food, basic needs, foster families, health care, Covid-19, mental and behavioral health, transportation, legal and public safety, employment, education, financial wellness, diverse populations, youth services, and disaster services.

You can dial 211 on your phone (toll free: 866-698-6155) or visit the website at 211info.org The website can be translated and language interpreters are available for phone calls.

•24/7 Suicide Prevention Hotlines• (503) 434-7523 Yamhill County Crisis Line 24/7 Anyone could be struggling with suicide.

County crisis line providing support for people experiencing mental health issues, thoughts of suicide, or other crises. Yamhill County Mental Health, 627 NE Evans St, McMinnville.

National 988 Suicide and Crisis Lifeline

National network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress. 24/7 Dial or Text 988 or (800)273-8255 988lifeline.org.

WEST VALLEY **COMMUNITY** CAMPUS Community Garden Open



The WVCC Community Garden is opening up for the season starting May 1st! If you are interested in a raised bed garden plot, please fill out an application found on our website or contact us for more info. There will be a mandatory Garden Orientation on Saturday 4/29 at 11 AM for participants.

http://westvalleycommunitycampus.org/garden/

LOCATED AT 266 SE WASHINGTON STREET | WILLAMINA (503) 929 - 4037 | WESTVALLEYCOMMUNITYCAMPUS.ORG

Sponsored by WEST VALLEY FUNERAL HOME 108 NW Lincoln St. • Sheridan • 503-843-2525 westvalleyfuneral.com • office@westvalleyfuneral.com



Smokey the Bear came out for a visit in Grand Ronde, Veronica Gaston and her youngest fur baby Patricia Pussyfoot pictured posing with smokey. Photo provided by Veronica Gaston.



Picture Your Beautiful Mom in the Mother's Day Issue of The West Valley Bulletin Board

Email us a photo of your Mom. Please include her name and yours. Her photo will appear in the May 10 issue.

Cost: FREE • Deadline: Friday, May 5, at 6 p.m. (We appreciate getting your photos earlier!) Email: bulletinwestvalley@gmail.com MESSAGES FROM THE MAYON MARIANNE THOMSON Do you have questions or comments? Email mthomson@cityofsheridanor.com

Email mthomson@cityofsheridanor.comor mail correspondence to City of Sheridan, 120 SW Mill Street Sheridan, OR 97378

City of Sheridan to support Sheridan's local businesses whenever possible

The Sheridan City Council agreed that local businesses play a central role in making communities healthy. The Council agreed that the City of Sheridan should promote, support, and update a City policy already in place to patronize local businesses for goods and services whenever possible.

For Sheridan retail businesses to qualify, their prices may be at most 15 percent higher than comparable quality goods and ser vices offered in nearby cities, such as McMinnville or Dallas.

When products the City purchases regularly are not currently available locally, a City representative will speak to the appro priate business owner about the possibility of adding these items to their inventory. Ordering materials for more extensive projects should be discussed with local business owners before turning to outside sources. This could apply to everything from office supplies, printed materials, paper towels, auto parts, work gloves, electrical, fencing, or construction supplies.

For Sheridan service businesses to qualify, their rates must be comparable to those in nearby communities. In addition, the City would require references to ensure these businesses will provide quality work in a timely manner. Substantiated claims of poor workmanship, dishonesty, or failure to complete projects within stated deadlines would be grounds for disqualification of a local service provider.

We know that larger city chain stores can order in bulk and of fer many products for less than the same item in Sheridan. But when we consider the value of an employee's time and the cost of gas for the round-trip to McMinnville the item may not be the better deal.

When retail and service rates are in excess of the acceptable range set out by the Council, and the business is unwilling or unable to adjust its rates or prices, the City would be welcome to seek materials or services from sources outside Sheridan. Sheridan's prices are not always higher. So we could be missing some good deals when we take our business elsewhere. Sheridan businesses are invited to send me an email (mthom son@cityofsheridanor.com) with their business offerings and a price list to ensure City staff is aware of goods and services they provide.

Sheridan business owners and managers continuously help with events important to Sheridan. Many contribute to multiple kid's sports teams, the food bank, etc. Local businesses participate in Sheridan Chamber, Rotary, Parks and Recreation, Sheridan Revitalization, City Council, Planning Commission, and other es sential groups that add to the quality of life in Sheridan. Local business owners continuously contribute cash, goods, time, and equipment for countless Sheridan events and projects.

The rewards of supporting community businesses are many. It would demonstrate the Council's and the City of Sheridan's ap preciation of our current businesses; it could help move Sheridan a step forward in its efforts to revitalize downtown; and possibly nudge potential business ventures to take a chance on Sheridan.

I would also be willing to discuss this policy with all interested Sheridan businesses: Marianne Thomson: mthomson@cityofsheridanor.com

Willamina Library to Hold Three-Part Vendor Spots are Open Workshop to Prepare for Kindergarten

Yamhill Community Care Early Learning will hold a three-part workshop, Ready for Kindergarten, at the Willamina Public Library this summer.

The program will be held from 6-7:30 p.m. on Wednesdays, June 21, July 12, and Aug. 16 at Willamina Library at 382 NE C Street in Willamina.

This three-part workshop teaches parents how to help their children prepare for kindergarten.

The program is open to parents of children ages four to five.

Each family will receive a free activity kit per session, a free meal for the family, and free child care is available.

For registration, visit: https:// bit.ly/RFK Willamina or contact Parent Engagement Specialist Traci Porter at tporter@ymahillcco.org.

Volunteers are needed for this workshop series and future workshops. The library needs two volunteers for each session date. One volunteer must be at least 18 and will require a background check.

Mid Valley Parenting will pay childcare providers \$50 for each session

For more information, contact Traci Porter, or Library Director Sarah Frost, at frosts@ci.willamina.or.us.

4th of July Committee **Plans Soap Box Race**

The Willamina 4th of July Committee announced the plan to bring back the downhill derby, or as some call it, soap box races, as part of this year's Fourth of July celebration.

Details for the event will be announced when finalized. However, start planning your soap box car now for those who want to participate.

For Saturday Market

The West Valley Mercantile Saturday market is looking for vendors for the 2023 season. The first Saturday market will be from 10 a.m. to 3 p.m. on Saturday, May 13, at the Mercantile, 342 South Bridge Street in Sheridan.

Saturday markets will be held on the second Saturday of each month from May through September

Standard vendor spaces, with no electricity or water, are available for no cost. Vendors can rent spots with water and electricity for \$15.

Vendors of all types are wanted. Woodworkers, soap and candle makers, booksellers, jewelry makers, civic organizations, non-profits, and other groups can reserve space.

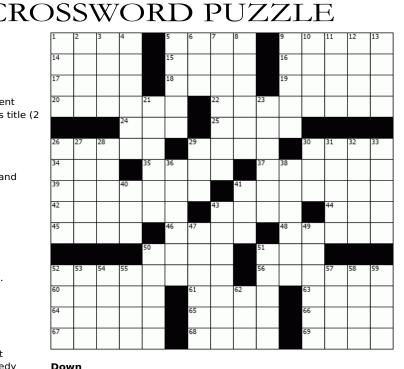
For more information, email Lecia Meyer at lecia.wvm@gmail.com.



CROSSWORD PUZZLE



69. Small depression



- 23. Pass, as time

- 13. Disappointing
- grades
- 21. Prompt (2 wds.)

- 47. Ladybug, e.g.
 - 49. Ogled
 - 50. Concise

 - 53. Foolhardv

 - 55. Average grades
- 38. Functional 40. Gore and Roker
- 41. Model Carol
- 43. Relate

- 51. Fidgety
- 52. Spoiled child
- 54. Soreness
- 57. Sleep lightly
- 58. Deserve
- 59. Mild oath
- 62. Clergy mem.

Horoscopes April 26-May 2 ARIES - Mar 21/Apr 20

Aries, figure out where your priorities lie, then position yourself in the right corner to get things done effectively. It could take some time before you see progress. Remain patient.

TAURUS - Apr 21/May 21

It's best if you can keep tight control of your emotions and not let others see what is brewing behind your stoic demeanor, Taurus. This will give you an advantage in negotiations.

GEMINI - May 22/Jun 21

Gemini, if you're too pragmatic this week, you may miss the opportunity to do something spontaneous and really enjoyable with friends. Don't think: jump in this one time. CANCER - Jun 22/Jul 22

The week may start off sluggishly, Cancer. Give yourself permission to start off slowly and build up as you get enough energy and motivation to move along.

LEO - Jul 23/Aug 23

Leo, rather than being ready to roar at the world, you can barely let pass a meow. You're more than happy to roll back over in bed most days. Search for an energy boost.

VIRGO - Aug 24/Sept 22

Virgo, early on in the week you may feel disorganized and out of sorts. But soon enough you will find your stride. Once you're in a groove it will be smooth sailing.

LIBRA - Sept 23/Oct 23

Libra, if someone at work has been holding you back or seems to be standing in your way, it's justifiable to feel resentment. Take the high road and remain pleasant and positive.

SCORPIO - Oct 24/Nov 22

Scorpio, don't ignore your responsibilities, no matter how mundane they may seem. Completing small tasks will help you set the course for more success.

SAGITTARIUS - Nov 23/Dec 21

Your judgement may be clouded by some lofty dreams you have been having, Sagittarius. Separate the whimsy from what you actually may be able to transfer to real life. CAPRICORN - Dec 22/Jan 20

You may be tempted to butt heads with authority figures in the days to come, but you'll catch more flies with honey, Capricorn. Get your frustrations out another way.

AQUARIUS - Jan 21/Feb 18

Relationship issues come to the forefront, Aquarius. This can be any relationship, be it personal or professional. Sit down with this person and flesh things out.

PISCES - Feb 19/Mar 20

The current cosmic climate has you a tad restless, Pisces. You're ready to stretch your fins, so to say. Set off on a grand adventure.

27. Dishonor 28. Tear to bits

- Ripken of 29.
- baseball

26. Broad tie

30. Baltic, e.g.

31. Kind of number

- 32. Book of maps
- 33. Shouts 36. Not wholesale

Volunteers Hold Paint Party For Hometown Days Signs



Matt Huegli and Lecia Meyers both members of Sheridan Rotary, stenciling burma shave signs for Hometown Days. These will be placed on Highway 18.



Amanda Widemark executive director at the West Valley Community Campus puts her art school training to good use.



Matt Huegli, Sheridan Mayor Marianne Thomson, and Kaitlin Pugh, daughter of West Valley Bulletin Board co-owner, Nicole Pugh, painting the signs.

Prime BARK DUST SALE!



Sponsored by Hampton Lumber, Willamina Division All proceeds go to the employee Charitable Giving Funds.

Open to the Public! <u>Saturday, May 13th, 2023</u>

7:00AM-1:00PM (or until allotted amount of bark is sold) \$35.00 for a 980 bucket load (approx. 2.5 - 3 yards)

CASH ONLY!!



(NO checks)

LOCATION: Willamina Lumber Log Yard Follow signs to: 37495 SW Fort Hill Rd.

<mark>Must stay in vehicle while waiting</mark>.

BE SURE TO TARP YOUR LOAD OR YOU WILL NOT BE SOLD ADDITIONAL BARK!

A TARP IS CHEAPER THAN A TICKET. LOSING ANYTHING FROM YOUR LOAD IS A Class B TRAFFIC VIOLATION = \$240 TICKET (ORF.818.300)





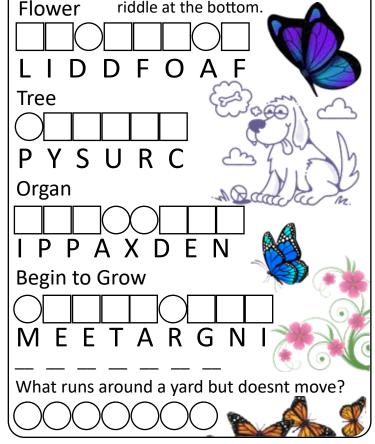


(503) 843-4071 149 NW First: Street • Willamina



Word Scramble

Use the clues above the boxes and the letters below to unscramble the words. Place the letters from the circles on the dashes above the riddle then unscramble them to solve the lower riddle at the bottom.



Hometown Days June 17 2023, A Fun Filled Day For the Whole Family

This year's Hometown Days will be held on Saturday, June 17. From breakfast at 7 a.m. at the American Legion until the music and beer gardens end at 9 p.m.

There will be activities for the whole family.

The park will feature horseshoes, a car show hosted by Willamina Customs, a baseball competition hosted by Tri-Cities Little League, a skateboarding contest, music sponsored by Trinity Lutheran, and food vendors. The grounds at the Sheridan High School will have a bike ro-



came to my rescue were very kind and professional. Again, I

~Judy Adams

cannot thank you enough.

deo, bounce houses, a football clinic, an art show, a motorcycle event, a dunk tank, vendors, and music.

The Sheridan Museum will have a bed turning and other events. At the Nazarene Church, helicopter rides will return.

The Mercantile front lot will hold the Beer gardens and live music.

The parade will begin at five.

To register for the parade Email bulletinwestvalleynicole@out-look.com.

To be a vendor email martys97378@yahoo.com.

To register for the art show entering any medium of art email kristymajor@gmail.com.

There will more information to come as the event approaches.



Ruff Life Rescue Changes Locations and Schedule

Ruff Life Rescue offers free pet food for those in need several times monthly.

Due to a loss in location, the donation location and schedule have been changed to 2-4 p.m. on the first Tuesday of every month, at 421 N. Main Street in Willamina, and from 2-4 p.m. on the third Tuesday of each month at 29795 Salmon River Highway in Grand Ronde. There is currently no distribution on the second Tuesday in Sheridan.

If anyone knows of a possible Sheridan location that can be used, contact George at 503-879-5003. Ruff Life can also assist in getting pet food to those who cannot travel.



Take a Dip in a Tasty and Healthy Treat

Diet and health go hand in hand. Perhaps that's why there's a growing interest in foods that are purportedly curative. Some people even choose foods in the hopes that they can help to reduce symptoms of allergies and inflammation.

As concerns about cognitive decline and diseases that attack the brain and memory grow, some people are seeking critical nutrients that can reduce their risk for Alzheimer's disease and other dementias. While there's no quick fix, consuming a wide variety of fresh, nutritiously diverse and not overly processed ingredients, like those found in this recipe for "Garden Vegetable Hummus" from "The Brain Boosting Diet" (Whitecap) by Norene Gilletz and Edward Wein, Ph.D. Garden Vegetable Hummus

Garden Vegetable Hummus Makes 2 1/2 cups

1 19-ounce can chickpeas, drained and rinsed (preferably no-salt added)

3 to 4 cloves garlic

1/2 green bell pepper, cut into chunks

1/2 red bell pepper, cut into chunks

4 green onions (or 1 medium onion, cut into chunks)

1/4 cup chopped fresh basil or Italian parsley

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice (preferably fresh) 2 to 3 tablespoons tahini

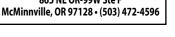


Salt and freshly ground black pepper

Chopped fresh parsley for garnish 1. Combine all ingredients except parsley in a food processor fitted with the steel blade. Process with quick on/offs to start, then let the motor run until the mixture is very smooth, about 2 minutes, scraping down the sides of the bowl as needed.

2. Transfer the hummus to a serving bowl and sprinkle with parsley. Cover and chill for 1 to 2 hours before serving. (Hummus will thicken when refrigerated.) Note: The tahini in the hummus is a very nutrient-dense ingredient because it has a very low moisture content. It is an excellent source of mono- and polyunsaturated fats, which are good fats, as well as an excellent source of protein, magnesium, zinc, manganese fiber, and potassium. Chickpeas are legumes that are also high in protein and fiber.

HSR BLOCK YOUR TAX EXPERT Willamina Office Hours: Thursday Noon-6pm 421 Main •Willamina • (503) 876-3500 865 NE OR-99W Ste F





EMMANUELLUTHERAN 315 S Main St - Willamina Worship Service at 10:30 a.m. Please leave message at 503-876-6844 to access Zoom worship.



503-843-3888

Eases Headache Symptoms.

Sheridan Hometown Days Saturday, June 17, 2023

Parade Registration bulletinwestvalleynicole@outlook.com

Vendor Registration

martys97378@yahoo.com

Sheridan Hometown Days is looking for vendors of all types. Food, candles, jewelry, wood workers, organizations... Join Us!

> Stay tuned for this year's Hometown Days schedule. Vendors all day! Parade at 5 p.m.! Live Music starts at noon! Beer Gardens at the Mercantile!













Mill St., Sheridan

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Web Meeting

Mill St., Sheridan ain St., Willamina idge St., Sheridan ' Mill St. Sheridan

Lumber Log Yard dan Rd, Sheridan idge St., Sheridan e Creek, Willamina

Room, Willamina Mill St., Sheridan Main, Willamina

lwy. , Grand Ronde W C St., Willamina

ills Dr., Willamina strict office/Zoom

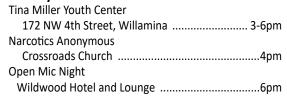
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LTBA
WVCC, Willamina Creek, Willamina
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Mill St., Sheridan e Joe's, Willamina

ornwall, Sheridan

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Monday:
Scout's Meetings
Sheridan All Prep, Sheridan7pm
Narcotics Anonymous
339 NW Sherman St, Sheridan7pm
Tuesday
Indoor Walking Club
WVCC, 266 SW Washington, Willamina 10am-noon
Willamina Library, Story Time
Tina Miller Youth Center, 172 NW 4th, Willamina noon
Grand Sheramina Food Bank,
Bridge Street, Sheridan 2-4pm
Wednesday
Willamina Chamber of Commerce
Coyote Joe's, Willamina
Sheridan Rotary Meeting
SFD, 230 SW Mill St., SheridanNoon
Willamina Food Pantry, Civic Club,
340 B Street, Willamina 4-6pm
Celebrate Recovery, Sheridan
Sheridan Nazarene Church 6:30pm
Alcoholics Anonymous,
339 NW Sherman, Sheridan
Thursday
Indoor Walking Club
WVCC, 266 SW Washington, Willamina 10am-noon
Bingo
VFW Hall, Willamina
•
Friday
Grand Ronde Food Bank Distribution 9765 Grand Ronde Rd, Grand Ronde 10am-2pm
Grand Ronde Community Clothes Closet 9765 Grand Ronde Rd, Grand Ronde9am-Noon
American Legion Bingo
125 N Bridge St., Sheridan 5:30pm
Celebrate Recovery, Willamina
Willamina Free Methodist Church6pm
-
Saturday
Sheridan Museum of History,
142 S. Bridge St, Sheridan 10am-3pm
Willamina Museum of History,
188 D St, Willamina 1-4pm
Tina Miller Youth Center
172 NW 4th Street, Willamina
Odd Fellows Bingo
143 SW Monroe Street, Sheridan 5:30pm
Sunday
Tina Miller Youth Center





121 Main St. • Willamina • 503-876-3092

Closed Sunday and Monday Located in the old Wilco Building on S. Bridge Street across from Sheridan Building Materials

Shop Local, Community Development Grants, Sheridan Road, all Disccused at Council

In the last city council meeting, held Monday, April 24, Mayor Marianne Thomson discussed the council's shop-local initiative. You can read more about this new initiative in this week's West Valley Bulletin in Messages from the Mayor.

Moving down the agenda, the Public Works Director, Kie Cottam, spoke about the water meter installation. Kie stated the project is now sitting about at about 40% completion. He also discussed paving and striping on Sheridan Rd and that they are progressing well.

On another note, Kie said, "Please don't spray the ground with paint. It is against the law." In his report on parks, he also included that if the weather cooperates, they will excavate ten horseshoe pits soon.

The council was presented with five community grant applications to review and hear from. Each quarter the City can award up to \$2,500 in community grant funds, topping out at \$500 each, for organizations that have applied and shown a need.

Applicants for this quarter were Air Safety NW, requesting \$400 to increase their ability to provide more Narcan training in the community. Their goal is to have at least 100 members of the community trained in using Narcan. The Sheridan Chamber of Commerce requested a \$500 grant to help fund the upcoming live auction event. The fundraiser will use the proceeds to give back to the community through economic development tools. Rotary International requested \$500 to help pay for movies shown for free to anyone in the community. Rotary works to provide these movies to offer safe family fun at no cost so that everyone can participate. The American Legion Hall was requested \$500 toward their project of upgrading the electrical system in the building, and finally, Homeward Bound asked grant of \$500 to help with operating costs.

The council approved all five requests for \$2,400 this quarter. Information on these grants can be obtained at City Hall or its website.

The council moved into discus-



sions regarding their meeting with the Church of the Park, which is diligently working on homelessness and resources. The City of Sheridan is currently taking steps to work with them to implement a communication plan to keep progressing. There are many ideas of possible locations, such as resource centers, warming and cooling centers. In addition, they have been working with the prison to help possibly construct shelters. This is an ongoing plan.

Also announced, Councilwoman Lucy Hebert will spearhead a public art group at City Hall at 1 p.m. on Wednesday, May 10.

Christian Academy to Hold Fundraiser May 6

Life Christian academy will hold a pop-can drive and Krispy Kreme fundraiser from 9 a.m.-3 p.m. on Saturday, May 6 at the First Federal bank in Sheridan.

Krispy Kremes will be sold for \$14 per dozen.

All proceeds will benefit Life Christian Academy.



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The first day of May has been observed as a holiday since ancient times. Spring festivals, maypoles, and maying are still common in many places.

Origins of May Day: The Celts of the British Isles believed May 1 to be the most important day of the year when the festival of Beltane was held.

This May Day festival was thought to divide the year in half, between the light and the dark. The symbolic fire was one of the main rituals of the festival, helping to celebrate the return of life and fertility to the world.

When the Romans took over the British Isles, they brought their five-day celebration known as Floralia, devoted to worshiping the goddess of flowers, Flora. Taking place between April 20 and May 2, the rituals of this celebration were eventually combined with Beltane.

May Day Maypole Dance: Another popular tradition of May Day involves the Maypole. While the exact origins of the Maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, and some are still celebrated today.

Villagers would enter the woods to find a maypole and set up for the day in small towns (or sometimes permanently in larger cities). The day's festivities involved merriment, as people would dance around the pole clad with colorful streamers and ribbons.

Historians believe the first maypole dance originated as part of a fertility ritual, where the pole symbolized male fertility, and baskets and wreaths symbolized female fertility.

The Maypole never really took root in America, where the Puritans discouraged May Day celebrations. But other forms of celebrations did find their way to the New World.

May Basket Day was celebrated During the 19th and 20th centuries across the country, where baskets were created with flowers, candies, and other treats and hung on the doors of friends, neighbors, and loved ones on May 1.

Fairy Tale: Some believed May Day was the last chance for fairies to travel to the Earth.

Facial Treatments: Tradition dictates that washing one's face in the dew from May Day morning beautifies the skin.

Distress Signals: The international distress signal, "Mayday," has nothing to do with May 1. Instead, it derives from the French venez m'aider, meaning "come help me."







ASTRONOMY DAY APRIL 29



SPACE TELESCOPE STUDENT SHOOTING STAR SCIENCE GALAXY CONSTELLATION PLANETS MILKYWAY ASTEROID NIGHT TIME COMET MOON NEBULA METEOROID



COSMOS BLACKHOLE ECLIPSE SUPERNOVA ASTRONOMER CELESTIAL HOROSCOPE ASTRONAUT NASA ORION BIG DIPPER ZODIAC ROCKET JUPITER PLUTO

Please call for an appointment 145 E. Third Street • McMinnville

Over 100 Sheridan Community Members Complete Another Extraordinary Clean-Up



Over 100 volunteers came out Saturday filling more than two truck loads of street debris from around the downtown business and residential areas. Each group was assigned an area of town to clean. Pickers, gloves and bags were provided.



Sheridan Rotary brought their food cart and fed the volunteers pizza to thank each one for caring for the community.





Starting at 4:30 p.m. full size pepperoni and supreme pizzas will be hot and ready to go! Call ahead for different toppings. Ordering available 11 a.m.-7 p.m.

BREAKFAST ITEM! Bagel piled high with sausage, ham, egg, and two slices of cheese. Only \$5.99

EXPRESS Terrific Tender Box Only \$7! Includes 3 tenders, wedges

or fries & 1 sauce

WEDNESDAY'S ONLY **LUNCH SPECIAL** 11 a.m. - 4 p.m.

French Dip with fries & sauce & 20 oz fountain drink All For Only \$8.99! (staring May 3)

> **Cold sandwiches** made in-house!







Pictured above (back row left to right) Gabe, Noah, and Olivia Gibby with parents Deycia Gibby, Sheridan's city code enforcement officer, and Evan Gibby, public works employee, took a break for a photo with Councilor Dennis McElroy, Councilor Jim Buckles and Kay Buckles, and Mayor Marianne Thomson.



Tkeisha Wydro(left end) president of Sheridan Revitalization headed the project for this year's community clean-up. She is seen above with the group of Delphian staff and students who volunteered this last Saturday.



City Councilor Lucy Hebert (left), Councilor Dennis McElroy (middle) and Mayor Marianne Thomson (right) were ready to hit the streets, cleaning garbage thrown around the town.



West Valley Sports

11 1

Local Athletes Win 4 First Places in 39-School Meet

West Valley athletes earned four first places Saturday in the 39-school Meet of Champions at Sweet Home.

Hallee Hughes of Willamina won two of them with seasonal records of 131-10 in the discus and 140-1 in the javelin. Zahar Rotman of Delphian took first with a 100-meter run of 11.60, and teammate Portia Binford led the girls' 100 meters at 12.81; both are seasonal records.

In another weekend meet, the Oregon Relays, Hughes placed second in the javelin at 134-10, and Willamina's middle distance team of Jose Cruz, Ethan Sabin, Michael Amiotte and Spencer Onstot competed in the distance medley relay.

At the middle school level in the Oregon Relays, the Willamina team of Billy Deloe, Red Sky Clawson, Ben Moore and Bryson Smith placed 12th in the boys 4x400 and broke the school record with a time of 4:20.2

Other high to middle finishes from local athletes in the Meet of Champions follow, with personal and seasonal records indicated.

Boys

200-meter run

5. Zahar Rotman, Delphian, 24.03 PR 400-meter run

10. Lucas Curry, Delphian, 54.25 SR **1500-meter run**

12.London Whitworth, Delphian, 4:29.30 PR

3000-meter run

3. Jose Cruz, Willamina, 9:21.80 PR **300-meter hurdles**

3. Lucas Curry, Delphian, 42.45 SR Girls

100-meter run

1. Portia Binford, Delphian, 12.89 SR 2. Chloe Ayala, Sheridan, 13.25 SR **200-meter run**

7. Portia Binford, Delphian, 27.68 PR **4x100 relay**

2. Delphian (Dakota Mincey, Avery Ott, Allahta Persons, Portia Benford), 53.04



Tri-Cities Little League Team Schedules, April through June

May 13: 11 a.m.-12:30 p.m., 1 v. 2

May 20: 10-11:30 a.m., 1 v. Keizer

May 18: 6-7:30 p.m., 2 v. 1

May 25: 6-7:30 p.m., 1 v. 2

June 8: 6-7:30 p.m., 2 v. 1

April 26: 6-6:45 p.m., 5 v. 4

April 27: 6-6:45 p.m., 3 v. 2

May 1: 5:30-6:15 p.m., 1 v. 2

May 3: 5:30-6:15 p.m., 5 v. 4

May 8: 5:30-6:15 p.m. 2 v. 3

May 10: 5:30-6:15 p.m., 2 v. 1

May 12: 5:30-6:15 p.m., 3 v. 1

May 15: 5:30-6:15 p.m., 2 v. 1.

May 16: 6-6:45 p.m., 3 v. 2

May 9: 6-6:45 p.m., 2 v. 3

May 2: 6-6:45 p.m., 2 v. 3

May 5: 6-6:45 p.m., 1 v. 3

June 3: Away TBD

a.m., 2 v. 3

p.m., 5 v. 4

a.m., 5 v. 4

May 27: 6:30-7:30 p.m., 2 v. 1

May 31: 6:30-7:30 p.m., 1 v. 2

June 10: 11 a.m.-12:30 p.m., 1 v. 2

T-ball

April 29: 9-9:45 a.m., 4 v. 5; 10-10:45

May 6: 9-9:45 a.m., 3 v. 2; 12-12:45

May 13: 9-9:45 a.m., 1 v. 2; 10-10:45

Juniors softball

April 29: TC at Corvallis Black, 10 a.m. and 12:30 p.m. May 2: TC at Keizer, 6 p.m. May 6: TV at Corvallis Orange, 10 a.m. and 12:30 p.m. May 23: South Salem at TC, 6 p.m. May 30: Keizer at TC, 6 p.m. June 6: TC at West Salem, 6 p.m.

AAA softball

May 10: TC at MA-Spencer, 6 p.m. May 16: TC at KLL2, 6 p.m. May 19: Silverton Black at TC, 6 p.m. May 20: TC at South Salem, 1 p.m. doubleheader May 25: TC at Corvallis White, 6 p.m.

May 25: TC at Corvallis White, 6 p.m. May 31: TC at KLL1, 6 p.m.

AAA baseball

April 29: Cascade Black at TC, 10 a.m. May 6: Cascade Gold at TC, 10 a.m. May 13: TC at Parrish Dodgers, 12:30 p.m. May 20: Mid-Valley Team at TC,

10 a.m. May 22: TC at South Salem Red,

10 a.m. May 30: South Salem Columbia Blue at TC, 6 p.m.

June 6: Parrish Rockies at TC, 6 p.m. June 8: Keizer at TC, 6 p.m. June 13: TC at Parrish Angels, 6 p.m.

Coach pitch

April 26: 6:30-7:30 p.m. 1 v. 2 April 29: 11 a.m.-12:30 p.m., 2 v. 1 May 4: 6-7:30 p.m., 1 v. 2 May 6: 10-11:30 a.m., 1 v. Keizer LL 2

May 11: 6-7:30 p.m., 2 v. 1

May 17: 5-5:45 p.m., 4 v. 5
May 19: 5-5:45 p.m., 4 v. 5
May 20: 9-9:45 a.m., 2 v. 1; 12-12:45 p.m., 4 v. 5
May 24: 5-5:45 p.m. 3 v. 1|; 6-6:15 p.m., 5 v. 4
2 May 30: 6-6:15 p.m., 3 v. 2
May 31: 5:30-6:15 p.m., 1 v. 2

June 1: 6-6:45 p.m., 5 v. 4 June 2: 5:30-6:15 p.m., 1 v. 3 June 3: 9-9:45 a.m., 2 v. 1; 12-12:45 4 v. 5 June 5: 5:30-6:15 p.m., 1 v. 3 June 6: 6-6:45 p.m., 3 v. 2 June 7: 5:30-6:15 p.m., 1 v. 3; 6:30-7:15 p.m., 5 v. 4 June 9: 5:30-6:15 p.m., 4 v. 5 June 10: 9-9:45 a.m., 2 v. 3; 10-10:45 a.m., 4 v. 5

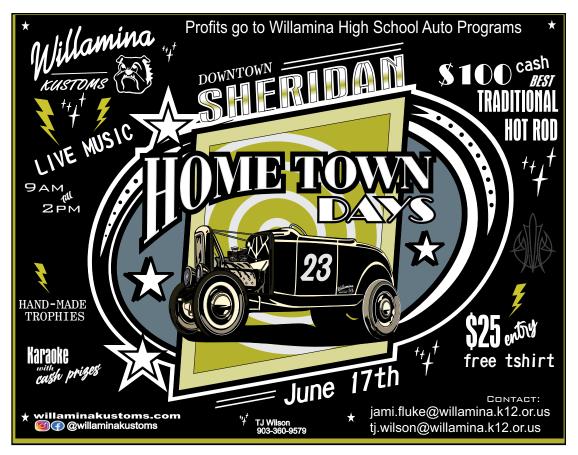
Lady Bulldogs Keep Winning

Willamina's softball team remains the unchallenged star of West Valley diamond sports. After a nine-day rest, the Lady Bulldogs edged Clatskanie 4-3 at home Monday. The other West Valley teams continued to struggle.

Sheridan's softball Spartans took a 15-0 pounding from Scio there Friday and a worse pounding at 27-0 from Dayton at home Monday.

Willamina's baseball team came close to splitting a road doubleheader with Western Christian on Friday, losing 17-5 in the first game and not quite making it in the second, 13-12.

Sheridan got blanked twice in its last two baseball games played at this writing. The Spartans lost to Scio 10-0 there Friday and Dayton 9-0 at home Monday.





Zeek Linn and Pam Larson (pictured above) are Sheridan American Legion Riders motorcycle group officers. Zeek is the second vice commander, and Pam is the finance officer. The bike in the photo is Pam's 2020 Harley Davidson three-wheeler, powered by a 103 cubic inch engine and a six-speed transmission. Zeek has a 2010 model of the same Harley Davidson. The American Riders group is a federally sanctioned organization. There are 13 members in the Sheridan group, including; two Tri-glides, two three-wheelers (mentioned above), and nine conventional two-wheelers. (Thank you, Gary Meyer, for the information and photo.)



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Oregon Ag Fest Set April 29, 30, in Salem

More than 25 hands-on activities for kids will be featured at the 2023 Oregon Ag Fest scheduled for 8:30 a.m.-5 p.m. on April 29 and 10 a.m.-5 p.m. on April 30 at the Oregon State Fairgrounds. Activities will include an agricultural scavenger hunt that will have participants looking for clues in all the exhibits. Ag Country will be set up to reflect a rural town. Families can watch chicks hatch, shuck corn, dig for potatoes, plant seedlings, sample Oregon-made products, make a dirt baby, or choose from an array of other activities that make learning about life on the farm fun. All activities are free of charge and aim to gain a better understanding of where food, fiber and flora come from. Children aged 12 and younger will be admitted for free. Admittance for ages 13 and older will be \$9. Free parking will be available. Tickets may be purchased in advance online. Discounted tickets may be purchased at Wilco. For more information: www.oragfest.com; info@oragfest.com; or call 503-508-2868.

City of Sheridan Sponsors Photo Contest with Prizes

The City of Sheridan invites the public to ssubmit entries in a photo contest featuring Sheridan landscapes, animals, buildings, and bridges. (Photos that include people's faces will not be accepted.)

The first-place winner will receive \$25; the second-place, \$10. Entries should be submitted in the jpg. format.

To submit photos, email orodela@ city of sheridanor.com.

Photos may also be mailed to the City of Sheridan, 120 SW Mill St., Sheridan, OR 97378.

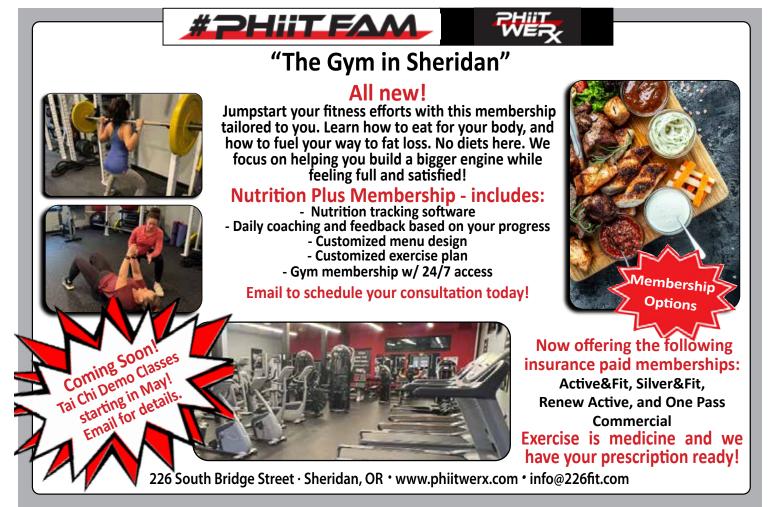
The entry deadline is 3 p.m. on May 1, 2023.

Community Garden Accepting Applications

The community garden located at the West Valley Community Campus in Willamina will open on May 1. Applications for raised bed garden plots are now being accepted.

The applications may be found on-line at westvalleycommuni-tycampus.org.

A garden orientation will begin at 11 a.m. on Saturday, April 29. For further information call 503-929-4037.



•••••• Business Directory ••••••

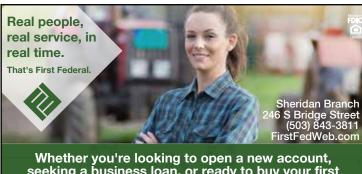


Willamina Chamber of Commerce Bark Dust Sale Celebrate Success Again

The Willamina Chamber of Commerce sent a special thanks to Hampton Lumber, Walsh Trucking, and the Cities of Willamina and Sheridan.

They would also like to thank

their faithful volunteers (pictured below) and (not shown) Ron Smith, Don Hoffman, Larry Barber, Jeff Brown, Jerry Smith, Ken Carlson, Charlyn Pranger, and Chamber President Belinda Ogle.



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in ready 2005 manufactured home in 55+ park!14x52, dual pane windows, includes storge & detached carport, addi tional driveway parking. appliances included. Dining room skylight, FA furnance & AC heat pump cleaned & serviced. Many renovations now complete, \$74,900.

like-new home in small Lafayette Gorgeo manufactured home park. 3 BD, 2 BA, vaults, front covered deck with beautiful mountain views, storage shed, patio and a back gate to access plenty of street parking. Spacious great room floor plan, laminate flooring, island & pantry in the kitchen, all appliances stay and many upgrades! \$199,900



coming covered front porch, inside laundry area, roomy on-site storage shed, 2 car concrete driveway. Range, fridge, stove, microwave & dishwasher included. Best of all, your front landscaping is included & maintained within the park rent. \$89,700.

The Willamina Coastal Hills Chamber of Commerce uses this annual event as one of its major fundraiser for the year. The chamber uses funds raised to promote local events and support the community in economic development.

The Chamber meets at 8 a.m. every Wednesday at Coyote Joe's. The meetings are open to all interested in working together to promote the community of Willamina.



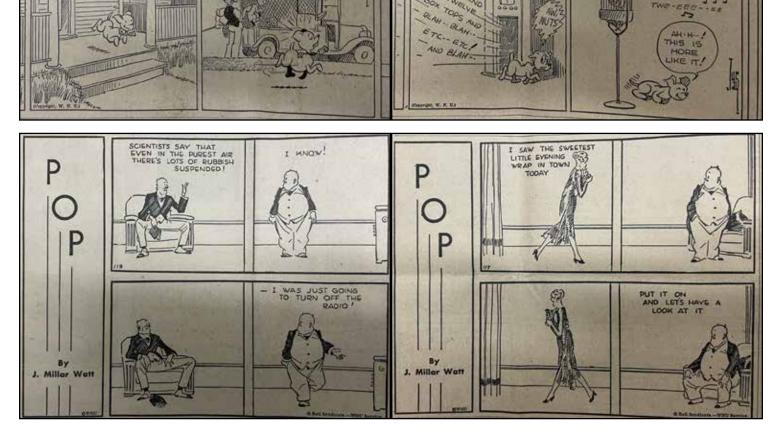
(Left to right) Sage Baller, Rita & Bob Burr, George Gale, Mason Baller, Ginny Wymore, Chris Greenhill, Greg Summers, Ila Skyberg, Ben Byam, Walsh crew member and Rolly Heuser.





Sheridan Sun Comics ~ 1939





All Children Deserve Safe and Functional Learning Environments

These pictures are from Sheridan High School and the FCS band room.

- The High School Science classroom needs all new workstations, sinks, lighting, flooring, new plumbing for the gas pipes for Bunsen burners, new equipment, and asbestos removal.
- The High School shop needs updated equipment and upgraded electrical so equipment can be used properly.
- Faulconer Chapman band and choir rooms need complete remodels. The outside doors are rusting away. Frogs and lots of mildew can often be found inside the classroom. It needs carpet removed from years of instrument cleanouts (spit) onto it.
- Bond funds can only be used for structural and equipment upgrades, not for staff or curriculum.
- If the Bond is passed, no funds will be used for the Barbara Roberts Career Technical Center.





Ballots go out April 26 Vote by May 16 Saying YES on the School Bond Says YES to our students education!



Paid for by concerned residents of Sheridan Oregon